



FRIENDS OF THE  
NEEDHAM ELDERLY, INC.

# Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.  
NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • [www.needhamma.gov/coa](http://www.needhamma.gov/coa)  
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

## Friends Board Members

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Isabelle Avedikian

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Morrie Dettman

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Ex Officio

## NEW CLASS! SENIOR STRENGTH EXERCISE

**Mondays • 10:15 - 11:15 am**

**Beginning July 7th**

At the Needham Senior Center

**Sign-up is required**

This 8-week class is designed to accommodate mature individuals of various fitness levels and abilities and can be adapted to meet the particular needs of any of the participants. This seated class will begin with a thorough warm-up followed by strength training exercises for all the major muscle groups of the body using light hand weights and conclude with gentle stretching exercises to increase flexibility and reduce muscle tension. If the class wishes, standing aerobic and/or balance exercises may be incorporated into the class format. Pearl, the leader of this class, is on the staff at Newton-Wellesley Hospital's Wellness Center. Since 2003 she has specialized in fitness for older adults and brings both warmth and humor to her classes. So, come on down, welcome Pearl and join in on this summer exercise class opportunity! The cost for the entire eight week class is \$32.00. To sign-up please call Sherry Jackson at (781) 455-7555

## GAIL RICE, BOOK REVIEWER

**"DREAM WHEN YOU'RE FEELING  
BLUE" BY ELIZABETH BERG**

**Monday, August 18th • 1:30 pm**

At the Needham Senior Center

Book reviewer Gail Rice will provide an animated book review about a novel of wartime romance and family sacrifices.

The story centers around the Heaney sisters and their men who are fighting overseas. Set during World War II, the lifelong consequences of the choices the sisters make are at the heart of this endearing novel. This book is a tribute to the 1940s and to the men and women of the greatest generation!

## NEW PROGRAM! CHAIR VOLLEYBALL

**Tuesdays • 9:30 am**

**Beginning July 22nd**

**Fridays • 10:30 am**

**Beginning July 25th**

At the Needham Senior Center

**Sign-up is appreciated**

If you want to have great fun and combine it with exercise, please join us. Chair Volleyball is one of the newest popular programs around. It is for older adults of all activity levels. Through the chair volleyball league, hundreds of players participate in matches all over the state. Currently we need at least 12 interested people to play just for fun or in a league. If you are interested please contact Sherry Jackson, (781) 455-7555

## MEET AUTHOR TIMOTHY KENSLEA OF "THE SEDGWICKS IN LOVE"

**Monday, July 14th • 1:00 pm**

At the Needham Senior Center

*The Sedgewicks in Love* is a narrative exploration of all the things that were changing in the way men and women related to each other in the generation born just after the American Revolution – as they happened to the seven brothers and sisters of one prominent New England family. They had failed courtships and successful ones, from which they learned the intricate rules of courting among the Boston elite in the 1810s. In the course of a long engagement, one couple exchanged nearly a hundred letters, carefully laying out their vision of their anticipated union. One sister, Catharine Maria Sedgwick, deliberately chose to forego marriage in order to live the life she had envisioned for herself as a writer. Timothy Kenslea graduated from Yale University and earned masters and doctoral degrees in history at Boston College. He now teaches at Needham High School.



SENIOR CENTER HOURS: MONDAY - FRIDAY 9:00 AM - 4:00 PM



COUNCIL  
ON AGING  
Needham

**Council on Aging  
Chairperson**  
Susanne Hughes

**Staff**

Jamie Brenner Gutner  
*Executive Director*

Sherry Jackson, MSW, LICSW  
*Associate Director*

LaTanya Steele  
*Social Worker, BSW*

Barbara Falla, LICSW  
*Social Worker*

Penny Gordon, BA  
*Volunteer and Transportation  
Program Coordinator*

Dorene Nemeth, MBA  
Denise Roskamp, MD  
*SHINE*

Jeanne Blakeney  
*Trips*

Clif Holbrook &  
Elwyn Cotter  
*Van Drivers*

Herb Morin &  
*Town Hall Custodians*

**Advisory Board  
Members**

Adele Chang

Ed DeMarrais

Jack Donna

Pat Dunton

Marjorie Gaultitz

Miriam Kronish

**The mission of The  
Needham Council on  
Aging is to respond to  
its older residents'  
needs by providing a  
welcoming, inclusive,  
and secure environment  
where individuals and  
families benefit from  
programs, services and  
resources that enhance  
their quality of life and  
provide opportunities  
for growth.**

# ANNUAL FRIENDS' MEETING & SUMMER SOCIAL

**July 15, 2008 • 1:30 PM**

At the Needham Senior Center

The Friends of Needham Elderly Annual Meeting and Summer Social is scheduled for Tuesday, July 15th at 1:30 at the Senior Center. This is an opportunity to receive reports from the current board members, ask any questions you may have, and elect a board for the upcoming year. The Songsters will sing for us this year immediately following the meeting. Refreshments (Strawberry Shortcake!) will be served.

Have you filled out a File of Life card yet? If so, you qualify for a chance to win a door prize! If you haven't filled one out, we urge you to pick one up at the Senior Center.

**WE LOOK FORWARD TO SEEING YOU ON JULY 15TH.**

Friends of the Needham Elderly Board Members  
Jan, Pat, Sylvia, Eileen, Isabelle, Ann, Morrie, Mike, Betsy

## FRIENDS OF NEEDHAM ELDERLY 2008 MEMBERSHIP/DONATION FORM

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

|                              |                 |
|------------------------------|-----------------|
| Membership for 2008          | \$ 25.00        |
| Donation                     | \$ _____        |
| Memorial* (Please see below) | \$ _____        |
| <b>Total Enclosed</b>        | <b>\$ _____</b> |

\*Name of Deceased \_\_\_\_\_

If acknowledgement to family is desired, please provide the following information:

Name of Deceased Family and Address \_\_\_\_\_  
\_\_\_\_\_

Please make checks payable to: FRIENDS of Needham Elderly and mail to:  
FONE, 83 Pickering Street, Needham, MA 02492 **Questions? Please send inquiries  
to f-o-n-e@comcast.net.**

### FRIENDS DONATIONS

- Mr. Bernard Brooks
- William & Therese Burke
- John Coniaris & Barbara Broadbent
- Patricia Keane
- Ruth Macintosh
- Jim & Jean Morehead
- Roy & Eleanor Nutile
- Eva & Victor Sonsini

### MEMORIALS

- Mr. Bernard Brooks in memory of Patti Marcus
- Naomi Levy in memory of Wallace Levy

# DEAR FRIENDS,

Not all residents in Needham realize that the Stephen Palmer Senior Center is more than a place to visit where you participate in programs. Our Center also houses the town department known as the Council on Aging, consisting of the Executive Director, the Associate Director, the Transportation and Volunteer Coordinator, the Social Work Department, the S.H.I.N.E. Program (Serving the Health and Information Needs of the Elderly), and many active volunteers who contribute to the fulfillment of the department mission and goals. In other words the Stephen Palmer Senior Center is the focal point for all aging service issues and serves residents of all ages. It is a gateway to information and services that support and enable this multigenerational group (60 to 100 plus), and their families, to maintain health, independence and ultimately optimal level of functioning.

If you have not been to the Stephen Palmer Senior Center, or met with any of the department staff, I extend an invitation to you to visit in the near future. I feel proud of what we accomplish and what we offer on a daily basis and welcome your participation.

*Jamie*

## GOOD OLD SUMMERTIME PARTY

at the Needham Senior Center

**Wednesday, August 20th at 1:00 pm**

Hot Dogs, Potato Salad, Chips, Watermelon and Cake. Bring a friend or make some new ones. All are welcome. We will also be showing a silent movie featuring 1889 silent footage of various baseball figures and games on our BIG screen.

**MARK YOUR CALENDAR...**

## COUNCIL ON AGING DONATIONS

- |                             |                         |                |
|-----------------------------|-------------------------|----------------|
| • Lois Camberg              | • Mildred and John Graf | • Myrna Ross   |
| • America and Fred Campagna | • Giovanna Merola       | • Marjorie Wey |
|                             | • Carmela Patacchiola   |                |

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## IT'S FRIDAY ENTERTAINMENT LIVE WITH JACK CRAIG

**Friday, July 18th • 1:30 pm**

At the Needham Senior Center

**Sign-up is required.**

Celebrate the 'Good Old Summertime' by singing a collection of great summer songs, music with Class! From 'My Old Kentucky Home' (1853) to 'The Lazy-Hazy-Crazy Days of Summer' (1962), songwriters have captured all the elements of the season. Sing of June nights, tides, harbor lights, old Cape Cod, a heat wave, and much more as you recall 'The Things We Did Last Summer' !

## IT'S FRIDAY ENTERTAINMENT LIVE WITH RICHARD PARTRIDGE

FAVORITE SINGERS AND  
THEIR SONGS FROM THE  
WAR YEARS, WWII

**Friday, August 22nd**

**1:30 pm**

At the Needham Senior Center

**Sign-up is required.**

Richard Partridge, a former broadcaster with a wonderful radio voice is back by popular demand. During the program we will hear original recordings of some of the biggest "hits" of this time. You'll hear people like... The Andrews Sisters, The Ink Spots, Tex Beneke and the Monderairs, Dick Haymes, Peggy Lee, Jo Stafford and The Pied Pipers, Perry Como, The Mills Brothers and many more.

## MONDAY'S LUNCH BUNCH

**July 7**

**Dolphin Seafood, Natick**

**July 14**

**Grassfields, Waltham**

**July 21**

**The Biltmore, Newton**

**July 28**

**Aegean, Framingham**

**August 4**

**Ice Cream Dessert,  
Sharon**

**August 11**

**P.F. Chang's (Chinese),  
Natick**

**August 18**

**Maugus Restaurant,  
Wellesley**

**August 25**

**Riverbend Bar & Grill,  
Newton**

Due to the increased interest in our LUNCH BUNCH program, please be sure to SIGN UP in advance for the lunch you want to attend. The suggested donation of \$5.00 to cover expenses, will be collected on board the van, and then you will pay the cost of your meal at the restaurant. Meet at the Senior Center at 11:30am. Board our Van and enjoy the ride. Enjoy!! To sign-up call the Senior Center at 781-455-7555.

## WOULD YOU LIKE TO PLAY BOCCE OR HORSESHOES?

Did you know that we have the equipment and the area to play Bocce and Horseshoes? If you are interested, please contact Sherry Jackson at (781) 455-7555.

## LUNCH AND LEARN TIMES TWO

At the Needham Senior Center

***Sign-up is required. There is no fee for this program.***

This month we bring to you two new professional lectures. After the lecture you will be treated to a tasty lunch and will have an opportunity to ask questions on a one to one basis with the presenter. There is no fee for this program. To sign-up call the Senior Center at (781) 455-7555.

### THE SHINGLES VACCINE

**Tuesday, August 5th • 11:00 am**

This informative lecture will give you valuable information about the Shingles Vaccine. The talk is presented by Donna Carmichael, RN, from the Needham Health Department. To sign-up call the Needham Senior Center at (781) 455-7555.

### SHINE PRESENTS: WHAT YOU DON'T KNOW

**Tuesday, August 19th • 11:00 am**

Can you lower your drug costs? Find out how to qualify for state and federal plans that can save you money on your prescription drugs! Also an update on Medicare Drug Plans: are you getting all the benefits? SHINE (Serving the Health Information Needs of Elders) is a program that provides free health insurance information, assistance and counseling.

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### ART HISTORY – FEATURING AMERICAN ART PART II (1900 - 1950)

**Wednesday, August 6th • 10:30 am**

Location: At Avery Crossings Assisted Living • 110 West Street

**A \$4.00 fee is appreciated but not required.**

In 230 years, American artists have been like America itself – pioneering, bold, independent and influential. From Gilbert Stuart painting George Washington to Andy Warhol painting Marilyn Monroe, American Art has evolved its own unique personality; innovative, sometimes controversial, but always fun. Join us for a look at how American Art developed from the baby in the back seat to the power center of the art world.

We would like to thank Avery Crossings for providing space and sponsoring this interesting program.

### TAI CHI MODIFIED, A 5-WEEK CLASS

**Mondays (Beginning July 14th) • 9:00-10:00 am**

At the Needham Senior Center

For the past year, Scott Brumit has taught Tai Chi at the Needham Senior Center. He has modified his approach so that the participants can either stand or sit on a chair while doing the Tai Chi exercises. Tai Chi is a slow-motion, moving, meditative exercise for relaxation, and health. As a stress-relieving therapy, it leaves the participants ready to face whatever difficulties their day may bring. Scott has studied various forms of martial arts since 1983 including Tai Chi and GiGong. Fee for the five-week course is \$20. J. Scott Brumit is also the founder and general director of the Longwood Opera Company based in Needham. No experience is necessary. Wear loose, comfortable clothing.



## CVS PHARMACY VISITS THE NEEDHAM SENIOR CENTER

HAVE YOUR QUESTIONS ANSWERED ABOUT YOUR  
PRESCRIPTION AND NON-PRESCRIPTION MEDICATIONS  
**SCHEDULE YOUR INDIVIDUAL APPOINTMENT TODAY**

**Monday, July 21st • 1:00-3:30 pm**

At the Needham Senior Center

Pharmacists will give a 15-minute presentation about cholesterol. Following the presentation, Pharmacists will hold private 15 minute one-on-one sessions to review your individual medications. During the appointment, the Pharmacist can help you solve problems related to duplicate therapies, outdated medication, possible side effects and improper storage. To sign-up for your individual 15 minute appointment, call the Needham Senior Center at (781) 455-7555.

## READING COMES ALIVE

**Wednesdays • 11:45 am - 2:15 pm**

At the Needham Senior Center

*There is no fee for this program.*

### JULY

**July 2nd – Poems, Elizabeth Barrett Browning**

**July 9th – Poems, Wordsworth**

**July 16th – Poems, Billy Collins**

**July 23rd – Poems, T.S. Eliot**

**July 30th – Song of Solomon, the Bible**

### AUGUST

**August 6th – Shakespeare, Sonnets**

**August 13th – Garrison Keillor, Lake Wobegone**

**August 20th – Sylvia Elvin, The Grecian Travelog**

**August 27th – Plato, Last Days of Socrates**

Sylvia Elvin will read aloud for your enjoyment and amusement. Ms. Elvin is an actor, writer and a lay reader and intercessor at Christ Church in Needham. She reports that a new translator of the Iliad has said “Homer should only be read aloud as that was how the story was first conceived.” Sylvia’s strong voice and her understanding of the text will provide new perspective on the classic prose and poetry she brings to you.

## BILLIARDS CHAMPS ANNOUNCED

The Needham Park and Recreation Senior Billiards League completed its 2008 Winter/Spring season. An awards presentation and luncheon was held at the Senior Center. Receiving trophies were: Dick Tiernan, Grand Champion; Tom Gallant, Regular Season Champion and Jack Donna, Division A-2 Champion. Special awards went to Bill Tennant, Distinguished Player Award and Howard Cohen, Most Improved Player Award. Other participants in the league included Tony Cruciani, Charlie Foley, Mike Gallen, Dick Hamelen, Lenny McIntosh, Ed Scullane, Bob Stern and Joe Vega. Congratulations to all!

## COOL OFF AT THE SENIOR CENTER

**If you’re not planning to spend the summer on the Cape, check our schedule for the Senior Center. We’re air conditioned!**

## SUMMER TRIPS

**ESSEX,  
GLOUCESTER &  
ROCKPORT –  
DINE, TOUR, SHOP**

**Tuesday, July 22**

Pick-up:

9:45 am – Linden and Chambers

10:00 am – Stephen Palmer Center

10:15 am – Garden Street

Return 5:00 pm.

Your day begins with a great lunch at The Village Restaurant located in the historical village of Essex, Cape Ann area. To follow is a guided tour of this beautiful area. You will have free time to visit many local shops, walk along the waterways or enjoy an ice cream. To obtain more information or to sign-up call Jeanne Blakeney, Tuesday, Wednesday or Thursday, (781) 455-7555 ext. 209. \$54.00.

**LOBSTERBAKE &  
SHOPPING:  
THE CLAMBAKE  
RESTAURANT  
SCARBOROUGH,  
MAINE**

**Thursday, August 21**

Pick-up:

10:00 am – Linden and Chambers

10:15 am – Stephen Palmer Center

10:30 am – Garden Street

Return: 4:30 pm

The Clambake restaurant has a beautiful view of the marsh which is home to much of the area’s wildlife. We will also visit the Nestling Duck Gift Shop and the Christmas Tree Shop in Scarborough. To obtain more information or to sign-up call Jeanne Blakeney, Tuesday, Wednesday or Thursday, (781) 455-7555 ext. 209. \$62.00

# MOVIES AT 1:00 PM AT THE NEEDHAM SENIOR CENTER JULY AND AUGUST

## MONDAYS

Celebrate Ladies' Month at the Movies with Roz Russell, Claudette Colbert, Julianne Moore, Susan Sarandon and other accomplished stars.

### **July 7th** **AUNTIE MAME (1958)**

Roz Russell lights up the screen as a flamboyant aunt who provides her nephew with an example for living life to the hilt. Six Oscar nominations, including Best Actress and Best Picture.

### **July 28th** **AN IDEAL HUSBAND (1999)**

Is there such a man? Julianne Moore gets a rare chance to portray a scheming vixen, who knows a secret from his past that could destroy his marriage. An all star cast includes Cate Blanchett, Minnie Driver, and dreamboat, Rupert Everett. Oscar Wilde wrote the story.

### **August 4th** **IT HAPPENED ONE NIGHT (1934)**

The first and perhaps the best screwball comedy, with Claudette Colbert as a runaway heiress and Clark Gable, a reporter who recognizes a story in her flight. Frank Capra's production made a clean sweep of the major Academy Awards.

### **August 11th** **ROMAN HOLIDAY (1953)**

Audrey Hepburn's first leading role may be the greatest debut in Hollywood history. She immediately jumped to the top of the heap with an Academy Award! She did have help – Gregory Peck as a co-star and an Oscar winning script. All this and a wonderful tour of the sights in The Eternal City.

### **August 25th** **LOVE IN THE AFTERNOON (1957)**

Linger in the company of Hepburn as she enchants an older lover, Gary Cooper. It's a Billy Wilder film with Maurice Chevalier as her father. The setting is Paris.

## FRIDAYS

### **July 11th** **THE PRIZE WINNER OF DEFIANCE, OH (2005)**

Julianne Moore glows in this true story of an Ohio housewife who supported ten children and a shaky husband with her winnings from national jingle contests.

### **July 25th** **ANYWHERE BUT HERE (1999)**

Susan Sarandon and Natalie Portman are outstanding as a mother and her disapproving daughter, who finally overcome the differences that threaten their relationship.

### **August 8th** **THE JANE AUSTEN BOOK CLUB (2007)**

Five women, who might themselves be characters in an Austen novel, find in her books, "The perfect antidote to life." Their group includes a sixth member, a man whose interest may go beyond literature.

### **August 15th** **THE BUCKET LIST (2007)**

Dying patients, Jack Nicholson and Morgan Freeman, decide not to go quietly. They make a list of things to do before they 'kick the bucket'. There is little new in this story, but if you enjoy either of these actors, they deliver the goods.

### **August 29th** **THE PRINCESS BRIDE (1987)**

This is a tongue-in-cheek version of a generic fairy tale, featuring wrestler, Andre the Giant, and other offbeat characters in a quest to rescue princess Buttercup. Over the 21 years since its debut, this film has acquired an amazing following. Amazon currently lists 863 enthusiastic reviews, to some 700 for a classic like Gone With the Wind, and 540 for The Sound of Music. What makes this movie appealing to all age groups is its sophisticated blend of 20th century humor with a medieval tale of derring-do and dire peril.

## BOSTON COLLEGE ELDER LAW PROJECT

FREE LEGAL ASSISTANCE APPOINTMENTS

**Friday, July 25th • 1:00-3:00 pm**

At the Needham Senior Center

Law students will be available to answer your legal questions. If you would like to make an appointment with BC legal, call the Senior Center at 455-7555.

## THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the hotline at, 1-800-922-2275. For more info. call the Needham Senior Center at (781) 455-7555.

## KEEP WELL CLINICS FOR JULY AND AUGUST

The Keep Well Clinics, staffed by nurses from the VNA Care Network, Inc. and the Needham Board of Health, meet on Wednesdays at the following locations:

**July 2nd and August 6th • 10:30 am - 12:00 pm**

Seabed's Way Community Room (BOH)

**July 2nd, 16th and August 6th, 20th • 9:00 am - 12:00 pm**

Senior Center

**July 23rd and August 27th • 10:30 am - 12:00 pm**

Linden & Chambers Community Room (BOH)

## ART COURSE

**Wednesdays, July 9, 16, 23 • 1:00 pm**

At the Needham Senior Center

Did you ever want to dabble in art work but never thought you could draw? We welcome you to join our art class that includes something for everyone. Depending on your preference and interest this class will include drawing and/or coloring using colored pencils, or you can try your hand at calligraphy. For the first class we will supply you with a sketch book and a set of colored pencils to keep for yourself. We thank our wonderful volunteer for giving her time to teach this class. A one time donation of \$5.00 for materials is suggested. To sign-up or for more information call the Needham Senior Center at (781) 455-7555.

## WALKING CLUB AND WALKING PALS PROGRAM

**Mondays • 10:00 am**

If you walk 2-4 miles, a couple days a week then our Walking Club is for you. Walking Pals Program – Would you like to have company on your walks? We will match you with two others who walk your pace and coincide with your schedule. Please call Sherry at the Needham Senior Center for more details at (781) 455-7555.

## BETTER BALANCE CLASS

**NEW SESSION BEGINNING JULY 9TH!**

**Wednesdays, 2:30-3:30 pm**

At the Needham Senior Center

Have fun while learning to improve your balance and prevent falls. Using balls, bands and weights this class will help improve your balance, posture, flexibility, strength and endurance and decrease stress. Cost of the 8-week class is \$50.00. To sign-up please call the Senior Center at (781) 455-7555.

## SHINE UPDATE

### MEDICARE PROMOTES PREVENTIVE SERVICES

An easy and important way to stay healthy is to get disease prevention and early detection services. These services can help keep you from getting certain diseases or illnesses, or can detect a health problem early which is when treatment works best.

Medicare covers many important screenings and other benefits to help you live healthier and more active lives. Diseases, such as diabetes, cancer and heart disease, may be prevented or treated more effectively when found early.

If you are interested in finding out more about the preventive services that Medicare offers contact Medicare at 1-800-MEDICARE (800-633-4227) and request a copy of the Medicare Publication "Staying Healthy: Medicare's Preventive Services" or visit [www.medicare.gov](http://www.medicare.gov) on the web.

If you need help with any aspect of your Medicare, call your local Senior Center and ask for a SHINE (Serving the Health Information Needs of Elders) appointment. You can reach a SHINE Counselor at 781-453-8076. If you get the SHINE answering machine, leave your name and number. A counselor will return your call as soon as possible.

## DID YOU KNOW?

Some airlines offer a special fare to relatives of the deceased and these have become known as bereavement fares. Sometimes these fares offer a discount of 50% from the full fare ticket price. Contact the Center, 781.455.7555, for more information.

Here are the steps you need to take to secure a bereavement or family medical emergency reduced rate airline ticket:

- 1) You must phone the airline's reservation department. Information for this type of ticket does not exist online. Airlines don't even admit they have such fares on their websites! Tell the reservation agent that you need a medical emergency or bereavement reduced rate airline ticket and what the circumstances are.
- 2) You must be an immediate family member – sister, brother, parent, child, grandchild etc. If you have extenuating circumstances, by all means explain them to the agent, they have been known to bend the rules from time to time.
- 3) The airline agent will verify the information you are telling them, so have the following information at hand for verification: Your relative's full name, Name and phone number of the funeral home or Name and phone number of the hospital or medical facility, Name and phone number of the attending physician.

## SENATOR SCOTT BROWN'S AIDE

**Tuesdays, July 22nd & August 19th • 10:15**

Senator Scott Brown or a member from his staff will be available to hear your concerns and answer any questions about State Government you may have.

## BALLROOM DANCING CLASSES

**New Session Beginning July 10th and August 7th**

**Thursdays • 2:00 – 3:00 pm**

The YMCA, 380 Chestnut Street, Needham

Cost of this 4-week class is \$16.00 for all 4 sessions. Call Sherry Jackson, Associate Director for dates, (781) 455-7555.

## MAH JONG CLASS

Interested in learning mah jong? It is a strategic game, and once you have learned the rules, the ability to excel is limitless. After four sessions at the Needham Senior Center, 83 Pickering St., you will know if mah jong is for you. The class, taught by an experienced teacher, is four sessions at a cost of \$20 total, payable at the first session. To register, call 781-455-7555.

## TERCENTENNIAL – NEEDHAM WILL BE CELEBRATING 300 YEARS

on Sunday, November 6, 2011. A committee is being formed to start planning for a year long celebration. Be a part of the excitement. Contact Penny 781-455-7555 x 204 to express your interest.

## THE COMPUTER CENTER

At the Needham Senior Center

### COMPUTER LESSONS

Would you like to learn about computers in a one-on-one session with a qualified instructor? Each session lasts 45 minutes and will be held on Thursdays and Fridays between noon and 3 pm. To make an appointment for a 45-minute session call the Senior Center at (781) 455-7555.

## AFTERNOON CAREGIVER SUPPORT GROUP

Needham Council on Aging and Senior Center

This group is for anyone providing care and assistance to a parent, spouse or friend. You are not alone. Come meet with others, share ideas and give support to one another. For date and time call LaTanya Steele, Social Worker, (781) 455-7555 ext. 208.

## LOW VISION SUPPORT GROUP

**Friday, July 18th & August 15th**

The Low Vision support group meets at the Needham Senior Center on the third Friday of every month. The group provides an opportunity for newly blind and visually impaired persons to come together to discuss issues relating to their vision loss. The group addresses topics such as how to use specialized equipment in the home or on the job; how to maintain independence; aging and vision loss; and the effects of vision loss on family and friends. If you need a ride, call the Needham Senior Center and we will arrange one for you. Call 781-455-7555.



# RESOURCES AROUND TOWN

## THE NEEDHAM ROTARY CLUB

Will supply and change batteries in smoke detectors in homes of Needham handicapped and for seniors at no charge. Call Bonnie at the Needham Fire Department at 455-7582 to arrange for this life-saving service.

## THE NEEDHAM COMMUNITY COUNCIL

Provides transportation to and from local errands, medical appointments and monthly trips to the Natick mall. We also have a medical loan closet. Call the NCC at 444-2415.

## THE NEEDHAM YOUTH COMMISSION

The Needham Youth Commission has youth who will work for Needham residents doing chores around the house. For more information about youth services, please contact Carol Rosenstock at the Needham Youth Commission at 781-455-7518 X267. Please visit our website at [www.town.needham.ma.us/youth](http://www.town.needham.ma.us/youth).

## THE NEEDHAM HEALTH DEPARTMENT

**Traveling Meals Program** is seeking volunteers to deliver meals for the program. For more information, call Maryanne at (781) 455-7523

**The Lions Club Used Eyeglasses Collected** on an ongoing basis at the Needham Senior Center.

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OUR ADVERTISERS.**

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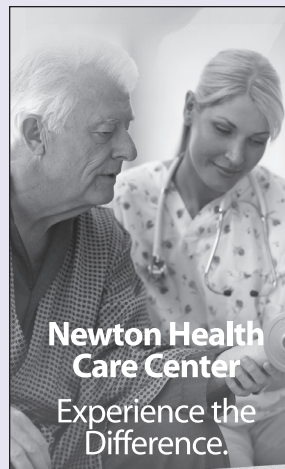
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# JULY

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|--|---|---|---|
|   | 1  | 2   | 3   | 4   |
|   | 9:00 Bridge – Men<br>9:15 Bridge – Women<br>9:15 Spanish Class<br>10:30 Current Events<br><b>11:45 Lunch:</b> Hot Dog or Roast Beef and Cheese Sandwich<br>12:30 Ping Pong<br>1:00 Cribbage – Women  | 9:00 Bridge – Men<br>9:00 Keep Well Clinic<br><b>11:45 Lunch:</b><br><b>Independence Day Special:</b> Oven Fried Chicken, Potato Salad and Strawberry Shortcake<br>11:45 Reading Comes Alive: Poems, Elizabeth Barrett Browning         | 10:00 Knitting<br>10:00 Whist<br><b>11:45 Lunch:</b> Fish or Ham and Cheese Sandwich<br><b>12:00 Computer Lessons</b><br>12:30 Ping Pong<br>1:00 Bridge – Duplicate<br>1:00 Cribbage – Men  | 9:00 Bridge – Men<br>9:15 Quilting<br><b>11:45 Lunch:</b><br><b>12:00 Computer Lessons</b>  |
| 7   | 8  | 9   | 10  | 11  |
| 9:00 Bridge – Men<br>9:00 Tai Chi<br>10:15 Exercise<br><b>10:00 Walking Club</b><br><b>11:30 Monday's Lunch Bunch: Dolphin Seafood</b><br><b>11:45 Lunch:</b> Chicken or Roast Beef and Cheese Sandwich<br>1:00 Movie: Auntie Mame                              | 9:00 Bridge – Men<br>9:15 Bridge – Women<br>9:15 Spanish Class<br>10:30 Creative Writing Group<br><b>11:45 Lunch:</b> Roast Turkey Dinner or Tuna Salad Sandwich<br>12:30 Ping Pong<br>1:30 Cribbage – Women   | 9:00 Bridge – Men<br>10:30 Exercise<br><b>11:45 Lunch:</b> Stuffed Salmon or Chef Salad<br><b>1:00 Art Course</b><br>2:30 Better Balance<br>2:30 Reading Comes Alive: Poems, Wordsworth   | 10:00 Knitting<br>10:00 Whist<br><b>11:45 Lunch:</b> Cheese Lasagna w/ Meatballs or Chicken Patty Sandwich<br><b>12:00 Computer Lessons</b><br>12:30 Ping Pong<br>1:00 Bridge – Duplicate<br>1:00 Cribbage – Men<br><b>2:00 Ballroom Dancing #1</b>         | 9:00 Bridge – Men<br>9:15 Quilting<br><b>11:45 Lunch:</b> Beef Burgundy or Egg Salad Sandwich<br><b>12:00 Computer Lessons</b><br>1:00 Board Games<br>1:00 Movie: The Prize Winner of Defiance, OH                                  |
| 14  | 15   | 16  | 17  | 18  |
| 9:00 Bridge – Men<br>9:00 Tai Chi<br><b>10:00 Walking Club</b><br>10:15 Exercise<br><b>11:30 Monday's Lunch Bunch: Grassfields</b><br><b>11:45 Lunch:</b> Fish or Turkey and Cheese Sandwich<br>12:00 Ping Pong Tournament<br>1:00 Meet the Author: Tim Kenslea | 9:00 Bridge – Men<br>9:15 Bridge – Women<br>9:15 Spanish Class<br>10:30 Current Events<br><b>11:45 Lunch:</b> BBQ Chicken or Seafood Salad on Lettuce<br>12:30 Ping Pong<br>1:30 Friends of Needham Elderly Meeting & Summer Social<br><b>No Women's Cribbage Today</b>                  | 9:00 Bridge – Men<br>9:00 Keep Well Clinic<br>10:30 Exercise<br><b>11:45 Lunch:</b> Swedish Meatballs or Egg Salad Sandwich<br>11:45 Reading Comes Alive: Poems, Billy Collins<br><b>1:00 Art Course</b><br>2:30 Better Balance         | 10:00 Knitting<br>10:00 Whist<br><b>11:45 Lunch:</b> Baked Ham, Sliced Pineapple or Roast Beef and Cheese Sandwich<br><b>12:00 Computer Lessons</b><br>12:30 Ping Pong<br>1:00 Bridge – Duplicate<br>1:00 Cribbage – Men<br><b>2:00 Ballroom Dancing #1</b> | 9:00 Bridge – Men<br>9:15 Quilting<br>10:00 Low Vision Group<br><b>11:45 Lunch:</b> American Chop Suey or Chicken Salad Sandwich<br><b>12:00 Computer Lessons</b><br>1:30 Entertainment Live: Jack Craig                            |
| 21  | 22   | 23  | 24  | 25  |
| 9:00 Bridge – Men<br>9:00 Tai Chi<br><b>10:00 Walking Club</b><br>10:15 Exercise<br><b>11:30 Monday's Lunch Bunch: The Biltmore</b><br><b>11:45 Lunch:</b> Beef Stew or Ham Salad Sandwich<br>1:00 CVS Presentation and Appointment                             | 9:00 Bridge – Men<br>9:15 Bridge – Women<br>9:15 Spanish Class<br>9:30 Chair Volleyball<br>10:15 Visit from Senator Brown's Office<br>10:30 Creative Writing Group<br><b>11:45 Lunch:</b> Pasta with White Sauce or Chicken Salad on Lettuce<br>12:30 Ping Pong<br>1:30 Cribbage – Women | 9:00 Bridge – Men<br>10:30 Exercise<br><b>11:45 Lunch:</b> Chicken and Broccoli Penne or Roast Beef and Cheese Sandwich<br>11:45 Reading Comes Alive: Poems, T.S. Eliot<br><b>1:00 Art Course</b><br>2:30 Better Balance                | 10:00 Knitting<br>10:00 Whist<br><b>11:45 Lunch:</b> Chef Salad or Seafood Salad<br><b>12:00 Computer Lessons</b><br>12:30 Ping Pong<br>1:00 Bridge – Duplicate<br>1:00 Cribbage – Men<br><b>2:00 Ballroom Dancing #1</b>                                   | 9:00 Bridge – Men<br>9:15 Quilting<br>10:30 Chair Volleyball<br><b>11:45 Lunch:</b> Baked Fish or Turkey and Cheese Sandwich<br><b>12:00 Computer Lessons</b><br>1:00 Board Games<br>1:00 Movie: Anywhere But Here<br>1:00 BC Legal |
| 28  | 29   | 30  | 31  |   |
| 9:00 Bridge – Men<br>9:00 Tai Chi<br>9:00 Pool Tournament Part I<br><b>10:00 Walking Club</b><br>10:15 Exercise<br><b>11:30 Monday's Lunch Bunch: Aegean</b><br><b>11:45 Lunch:</b> Chicken Cacciatore or Egg Salad Sandwich<br>1:00 Movie: An Ideal Husband    | 9:00 Bridge – Men<br>9:15 Bridge – Women<br>9:15 Spanish Class<br>9:30 Chair Volleyball<br>10:30 Current Events<br><b>11:45 Lunch:</b> Meatloaf or Roast Beef and Cheese Sandwich<br>12:30 Ping Pong<br>1:30 Cribbage – Women  | 9:00 Bridge – Men<br>9:00 Pool Tournament Part II<br>10:30 Exercise<br><b>11:45 Lunch:</b> Fish or Turkey and Cheese Sandwich<br>11:45 Reading Comes Alive: Song of Solomon, the Bible<br><b>1:00 Art Course</b><br>2:30 Better Balance | 10:00 Knitting<br>10:00 Whist<br><b>11:45 Lunch:</b> Roast Turkey Dinner or Roast Beef and Cheese Sandwich<br><b>12:00 Computer Lessons</b><br>12:30 Ping Pong<br>1:00 Bridge – Duplicate<br>1:00 Cribbage – Men<br><b>2:00 Ballroom Dancing #1</b>         |   |

# AUGUST

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
| <b>CALENDAR OF PROGRAMS AND EVENTS</b><br>Needham Council on Aging and Senior Center<br>83 Pickering Street • Needham, MA 02492 • 781-455-7555<br><a href="http://www.needhamma.gov">www.needhamma.gov</a><br><b>Offsite Locations of Programs</b><br>#1 Charles River YMCA • 380 Chestnut Street<br>#2 Needham Public Library • 1139 Highland Avenue<br>#3 Avery Crossings Assisted Living • 110 West Street<br><b>Please Note: Items in bold indicate that sign-up is required.</b> |   |   |  | <b>1</b><br>9:00 Bridge – Men<br>9:15 Quilting<br>10:30 Chair Volleyball<br><b>11:45 Lunch</b><br><b>12:00 Computer Lessons</b><br>1:00 Board Games   |
| <b>4</b><br>9:00 Bridge – Men<br><b>10:00 Walking Club</b><br>10:15 Exercise<br><b>11:30 Monday's Lunch</b><br><b>Bunch: Ice Cream Dessert</b><br><b>11:45 Lunch</b><br>1:00 Movie: It Happened One Night<br><b>No Tai Chi Today</b>  | <b>5</b><br>9:00 Bridge – Men<br>9:15 Bridge – Women<br>9:15 Spanish Class<br>9:30 Chair Volleyball<br>10:30 Current Events<br><b>11:00 Lunch and Learn: The Shingles Vaccine</b><br><b>11:45 Lunch</b><br>12:30 Ping Pong<br>1:30 Cribbage – Women   | <b>6</b><br>9:00 Bridge – Men<br>9:00 Keep Well Clinic<br>10:30 Exercise<br><b>11:45 Lunch</b><br>11:45 Reading Comes Alive: Shakespeare, Sonnets<br>2:30 Better Balance                    | <b>7</b><br>10:00 Knitting<br>10:00 Whist<br><b>11:45 Lunch</b><br><b>12:00 Computer Lessons</b><br>12:30 Ping Pong<br>1:00 Bridge – Duplicate<br>1:00 Cribbage – Men  | <b>8</b><br>9:00 Bridge – Men<br>9:15 Quilting<br>10:30 Chair Volleyball<br><b>11:45 Lunch</b><br><b>12:00 Computer Lessons</b><br>1:00 Board Games<br>1:00 Movie: The Jane Austen Book Club                            |
| <b>11</b><br>9:00 Bridge – Men<br><b>10:00 Walking Club</b><br>10:15 Exercise<br><b>11:30 Monday's Lunch</b><br><b>Bunch: P.F. Chang's</b><br><b>11:45 Lunch</b><br>1:00 Movie: Roman Holiday<br><b>No Tai Chi Today</b>  | <b>12</b><br>9:00 Bridge – Men<br>9:15 Bridge – Women<br>9:15 Spanish Class<br>9:30 Chair Volleyball<br>10:30 Creative Writing Group<br><b>11:45 Lunch</b><br>12:30 Ping Pong<br>1:30 Cribbage – Women  | <b>13</b><br>9:00 Bridge – Men<br>10:30 Exercise<br><b>11:45 Lunch</b><br>11:45 Reading Comes Alive: Garrison Keillor, Lake Wobegone<br>2:30 Better Balance                                 | <b>14</b><br>10:00 Knitting<br>10:00 Whist<br><b>11:45 Lunch</b><br><b>12:00 Computer Lessons</b><br>12:30 Ping Pong<br>1:00 Bridge – Duplicate<br>1:00 Cribbage – Men | <b>15</b><br>9:00 Bridge – Men<br>9:15 Quilting<br>10:00 Low Vision Group<br><b>11:45 Lunch</b><br><b>12:00 Computer Lessons</b><br>1:00 Board Games<br>1:00 Movie: The Bucket List<br><b>No Chair Volleyball Today</b> |
| <b>18</b><br>9:00 Bridge – Men<br>9:00 Tai Chi<br><b>10:00 Walking Club</b><br>10:15 Exercise<br><b>11:30 Monday's Lunch</b><br><b>Bunch: Maugus Restaurant</b><br><b>11:45 Lunch</b><br>1:30 Gail Rice Book Review for "Dream When You Are Feeling Blue"   | <b>19</b><br>9:00 Bridge – Men<br>9:15 Bridge – Women<br>9:15 Compass Collating<br>9:15 Spanish Class<br>9:30 Chair Volleyball<br>10:15 Visit from Senator Brown's Office<br>10:30 Current Events<br><b>11:00 Lunch and Learn: SHINE Presents What You Don't Know</b><br><b>11:45 Lunch</b><br>12:30 Ping Pong<br>1:30 Cribbage – Women | <b>20</b><br>9:00 Bridge – Men<br>9:00 Keep Well Clinic<br>10:30 Exercise<br><b>11:45 Lunch</b><br>1:00 Good Old Summertime Party<br><b>No Reading Comes Alive, No Better Balance Today</b> | <b>21</b><br>10:00 Knitting<br>10:00 Whist<br><b>11:45 Lunch</b><br><b>12:00 Computer Lessons</b><br>12:30 Ping Pong<br>1:00 Bridge – Duplicate<br>1:00 Cribbage – Men | <b>22</b><br>9:00 Bridge – Men<br>9:15 Quilting<br>10:30 Chair Volleyball<br><b>11:45 Lunch</b><br><b>12:00 Computer Lessons</b><br>1:30 Entertainment Live: Richard Partridge  |
| <b>25</b><br>9:00 Bridge – Men<br>9:00 Tai Chi<br>9:00 Pool Tournament Part I<br><b>10:00 Walking Club</b><br>10:15 Exercise<br><b>11:30 Monday's Lunch</b><br><b>Bunch: Riverbend Bar &amp; Grill</b><br><b>11:45 Lunch</b><br>1:00 Movie: Love in the Afternoon   | <b>26</b><br>9:00 Bridge – Men<br>9:15 Bridge – Women<br>9:15 Spanish Class<br>9:30 Chair Volleyball<br>10:30 Creative Writing Group<br><b>11:45 Lunch</b><br>12:30 Ping Pong<br>1:30 Cribbage – Women  | <b>27</b><br>9:00 Bridge – Men<br>9:00 Pool Tournament Part II<br>10:30 Exercise<br><b>11:45 Lunch</b><br>11:45 Reading Comes Alive: Plato, Last Days of Socrates                           | <b>28</b><br>10:00 Knitting<br>10:00 Whist<br><b>11:45 Lunch</b><br><b>12:00 Computer Lessons</b><br>12:30 Ping Pong<br>1:00 Bridge – Duplicate<br>1:00 Cribbage – Men | <b>29</b><br>9:00 Bridge – Men<br>9:15 Quilting<br>10:30 Chair Volleyball<br><b>11:45 Lunch</b><br><b>12:00 Computer Lessons</b><br>1:00 Board Games<br>1:00 Movie: The Princess Bride                                  |



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